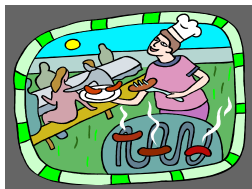




**The**  
Fleet & Family Support  
**Center**

Meeting Your Needs At Home And Abroad



# THE BEACON

JUNE 2005

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Banking & Financial Services 9-10 am  Playgroup@ CDC 11:30 am-12:30 pm	3
6	7	8	9 VA Representative 8-noon  Playgroup@ CDC 11:30 am-12:30 pm	10
<b>TRANSITION ASSISTANCE PROGRAM (TAP) June 6-9 from 8 a.m.-4 p.m.</b>				
13 Social Security Benefits Explained 11:30 am-12:30 pm	14	15 Welcome to Pax 9 am-noon  Ombudsman Assembly Meeting 7-9 pm	16 VA Representative 8 am- 3 pm  Thrift Savings Plan (TSP) 9-10 am  Playgroup@ CDC 11:30 am-12:30 pm	17
20 VA Representative 8 am- 3 pm	21 Fitness Seminar W/Jason Fean MWR 11:30 am-12:30 pm	22	23 Playgroup@ CDC 11:30 am-12:30 pm	24
<b>CONCEPT FOR 1ST TERM SAILORS June 20-23 from 8 a.m.-4 p.m.</b>				
27	28	29 Budgeting for Baby 10 am-noon  Developing Your Spending Plan 11:30 am-12:30 pm	30 Playgroup@ CDC 11:30 am-12:30 pm	

**Reservations are Necessary! (301) 342-4911**

**THE FFSC IS ALWAYS LOOKING FOR A FEW GOOD VOLUNTEERS.**

If interested please give us a call.

NAS Patuxent River, Maryland

<http://ndw.navy.mil/ffsc>

## **BENEFITS AND ENTITLEMENT PROGRAMS**

### **VA Representative**

**June 9, 8-noon, June 16 & 20, 8 a.m.-3 p.m.**

The Veterans' Affairs Benefits Counselor will answer questions concerning benefits and services. Assistance is provided for transitioning service members, veterans, and family members. *Open to all veterans, by appointment only.* Please call 301-342-4911 to schedule an appointment.

### **Social Security Benefits Explained**

**June 15, 11:30 a.m.-12:30 p.m.**

Most people think of Social Security as retirement benefits only. This three-hour brief is designed to explain all other benefits available through Social Security. There will also be a question & answer time at the end of the brief.

## **CAREER DEVELOPMENT**

### **Career Options and Navy Skills Evaluation Program (CONSEP)**

**1<sup>st</sup> Term Sailor**

**June 20-23, 8 a.m.-4 p.m.**

This program is designed for the sailor in his/her first term enlistment. It is a lifecycle approach to transition education. Participants will be given the opportunity to perform a personal career assessment in order to make decisions about future goals. The Command Career Counselors, the Transition Assistance Manager and the Personal Finance Manager will lead the program.

## **FINANCIAL MANAGEMENT PROGRAMS**

### **Banking & Financial Services**

**June 2, 9-10 a.m.**

This workshop is designed to develop knowledge and skill that will enable participants to utilize an appropriate financial institution in order to open and maintain a checking account.

### **Developing Your Spending Plan**

**June 22, 11:30 a.m.-12: 30 p.m.**

This workshop offers knowledge and skills that will enable the participant to establish a personal spending plan that can be adapted to suit individual unique circumstances.

### **Thrift Savings Plan Brief (TSP)**

**June 16, 9-10 a.m.**

Uniformed services personnel are now eligible to join the Thrift Savings Plan (TSP). Enhance your retirement and save money at the same time. Come in and learn the many advantages of participating in the TSP.

## **OMBUDSMAN PROGRAM**

### **Ombudsman Assembly Meeting**

**June 15, 7-9 p.m**

The Ombudsman is a volunteer who has already been to the "Basic Ombudsman Training." This monthly meeting includes recommended training, networking, and positive problem solving.

## **PROGRAMS FOR PARENTS & CAREGIVERS**

### **Budgeting for Baby**

**June 29, 10 a.m.-noon**

The Navy Marine Corps Relief Society (NMCRS) will illustrate the hidden costs associated with a growing family. All Navy and Marine Corps service members that attend will receive a new layette worth more than \$100.

### **Playgroup @ Child Development Center Playground**

**June 2, 9, 16, 23 & 30, 11:30 a.m.-12:30 p.m.**

Moms, dads, and caregivers are invited to bring their children for playtime at the Child Development Center Playground.

## **PERSONAL GROWTH PROGRAMS**

### **Fitness Seminar**

**June 21, 11:30 a.m.-12:30 p.m.**

Please join Jason Fean, MWR Fitness Director and ACE (American Council of Exercise) Certified Personal Trainer to explore the guidelines and benefits of strength (weight) training. This hour-long presentation will address all aspects of strength training including program guidelines, body type, anatomy, your metabolic rate, and training intensity and frequency. Bring your own bag lunch.

## **RELOCATION PROGRAMS**

### **Welcome to Pax**

**June 15, 9 a.m.-noon**

A class jam-packed with information about the base and surrounding communities is offered the 3<sup>rd</sup> Wednesday of every month. Included in the program is a behind-the-scenes tour of NAS, terrific hand-outs, and loads of useful information about what to do and where to go while living in Southern Maryland. Along with this, information on area history, inhabitants and folklore will be provided. This will be the best three hours you will invest while at Patuxent River.

## **TRANSITION ASSISTANCE PROGRAM (TAP)**

### **Transition Assistance Program (TAP)**

**Location: Officers' Club, Crow's Nest Room**

**June 6-9, 8 a.m.-4 p.m.**

TAP is for separating and retiring military members and their spouses. It is a joint venture by the FFSC and the Departments of Defense, Labor, and Veterans Affairs. Topics include skill assessment, resume writing, job search methods, interview techniques, and a review of veterans' benefits.

# Fleet and Family Support Center

NAVAL AIR STATION  
21993 Bundy Road, Unit 2090  
Patuxent River, MD 20670-1132

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## **RELOCATION 101** **Making the Most of Your Move** **By Beverly D. Roman**

**Relocation 101 offers personal and professional relocation advice for individuals moving in and around their own countries.**

- **STRATEGIES FOR DUAL CAREER COUPLES**
- **TECHNIQUES TO RELOCATE CHILDREN AND ELDERS**
- **TIPS TO MAXIMIZE HOME SALES AND PURCHASES**
- **WAYS TO FIND NEW PHYSICIANS AND MEDICAL CARE**
- **ADVICE TO CHOOSE RELOCATION INSURANCE**
- **VALUABLE INTERNET SITES AND HELPFUL CHECK-LISTS**

**Please call the FFSC at 301-342-4911 for more information.**



- *All classes/seminars are held at the FFSC unless otherwise noted.*
- *Workshops and seminars are open to active duty and retired military personnel and their family members. The facilitators are from professional organizations and are not permitted to solicit or promote their business.*
- *Sexual Assault Victim Intervention (SAVI) Program Coordinator is available for General Audience Training, Supervisor's Training, and Commander's Training.*
- *General Military Training - The FFSC will bring seminars and workshops to your command. Call the FFSC at 301-342-4911 for more information.*